

MAIN POOL - Holiday

Monday	06.30 to 08.45 09.00 to 09.45 09.00 to 18.30 10.00 to 12.00 18.30 to 20.00 20.00 to 21.00 21.00 to 22.00 22.00 to 23.00	Early Morning Swim Disabled/Primetime (50+) PUBLIC (shared with club 17.30-19.00) Inflatable session PUBLIC - Adults PUBLIC - Adults (deep water) Clubs Staff training
Tuesday	06.30 to 08.45 09.00 to 21.00 15.00 to 16.00 21.00 to 22.00 22.00 to 23.00	Early Morning Swim PUBLIC (shared with club 17.00-20.00) Primetime (¼ Pool) Clubs Staff Training
Wednesday	06.30 to 08.45 09.00 to 10.00 10.00 to 12.00 10.00 to 12.00 12.00 to 18.00 18.00 to 21.00 21.00 to 22.00	Early Morning Swim PUBLIC Inflatable session Deep Water Lane Swimming PUBLIC Clubs Clubs
Thursday	06.30 to 08.45 09.00 to 10.00 10.00 to 21.00 16.00 to 17.00 21.00 to 22.00	Early Morning Swim Disabled/Primetime PUBLIC (shallow water 16.00-17.00) (shared with club 18.30-20.30) Lessons - junior Clubs
Friday	06.30 to 08.45 09.00 to 10.00 10.00 to 12.00 10.00 to 12.00 12.00 to 20.00 20.00 to 21.00 21.00 to 22.00	Early Morning Swim PUBLIC Inflatable session Deep Water Lane Swimming PUBLIC (shared with club 17.00-19.45) PUBLIC - Ladies PUBLIC - Adults
Saturday	07.00 to 08.00 08.00 to 09.00 09.00 to 10.45 10.45 to 12.30 12.30 to 15.45 16.00 to 21.00	PRIVATE HIRE Clubs Lessons - junior Inflatable Session PUBLIC PARTIES/PRIVATE HIRE
Sunday	08.00 to 11.00 08.00 to 09.00 09.00 to 13.00 13.30 to 16.30 16.45 to 17.45 18.00 to 19.00 19.00 to 20.00	Clubs Early Morning Swim (shared with club) PUBLIC (shared with club 09.00 - 11.00) PUBLIC (Families*) Party Badge Class Clubs

*(all children must be parent/guardian accompanied at all times)

Under 8's Swimming Policy: During public swimming sessions, children under the age of 8 must be accompanied into the water by a responsible adult. Where children are under 8 years of age, the ratio must be one adult to three children. If two children are 4 years or younger then the ratio must be one adult to two children.

www.sencio.org.uk

TEACHING POOL

Monday	09.00 to 11.00 11.00 to 12.00 12.00 to 16.00 16.00 to 20.00	Lessons - junior Water Aerobics PUBLIC Lessons - junior
Tuesday	09.00 to 11.00 11.00 to 16.00 16.00 to 20.00	Lessons PUBLIC Lessons - junior
Wednesday	09.00 to 11.00 11.00 to 16.00 16.00 to 20.00	Lessons PUBLIC Lessons - junior
Thursday	09.00 to 10.30 10.45 to 11.30 12.00 to 19.00	Lessons - junior Water Aerobics PUBLIC
Friday	09.00 to 11.00 11.00 to 16.00 16.00 to 20.00	Lessons - junior PUBLIC Lessons - junior
Saturday	08.30 to 12.30 12.30 to 15.00 15.00 to 16.00 16.30 to 17.30 18.15 to 19.15	Lessons - junior PUBLIC Party Party Party
Sunday	09.00 to 13.00 13.30 to 16.15 16.30 to 17.30	PUBLIC PUBLIC (Families*) Party

FLUMES

Monday	11.00 to 16.30 16.30 to 17.30 17.45 to 18.45	PUBLIC Party Party
Tuesday	11.00 to 16.30 16.30 to 17.30 17.45 to 18.45	PUBLIC Party Party
Wednesday	11.00 to 16.30 16.30 to 17.30 17.45 to 18.45	PUBLIC Party Party
Thursday	11.00 to 16.30 16.30 to 17.30 17.45 to 18.45	PUBLIC Party Party
Friday	11.00 to 18.00 18.00 to 19.00 19.15 to 20.15	PUBLIC Party Party
Saturday	11.00 to 13.00 13.00 to 15.45 16.00 to 17.00 17.30 to 19.30	Party (1 hour sessions) PUBLIC Party Party (1 hour sessions)
Sunday	10.00 to 13.00 13.00 to 14.00 14.00 to 16.30 17.00 to 18.00 18.00 to 19.00	PUBLIC Party PUBLIC (Families*) Party Party

September 2010

Your Guide to our Swimming Programme

Early Morning Swim

Set yourself up for the day with a refreshing and invigorating dip.

Public

These sessions are open to swimmers of all abilities and in the main pool we have lanes allocated for those who take their exercise seriously.

Diving Boards/ Diving Pit: Closed to the public during pre-booked sessions. The diving pit and boards are subject to availability and the management reserve the right to close this area and facility for safety reasons.

Primetime (50+)

Special sessions to enjoy a relaxing swim in a child free environment.

Parties & Private Hire

Special sessions especially for parties, galas and any special occasion. Call the centre for prices and availability.

Water Aerobics

An aerobic class performed in the water. Water exercise improves fitness, muscle tone and reduces stress on the joints.

Lessons

We offer a comprehensive STA programme covering all levels of ability, for everyone – from babies to adults who have never before acquired confidence and skills in the water. Crash Courses are run during holiday time subject to demand.

Inflatable Fun (*families and under 12's Only*)

Come and join the 'Nautilus' fun in our pools with toys, games and a giant inflatable in the main pool. Perfect for amazing wild, crazy and wacky waterborne fun. (*giant inflatable in main pool only and is subject to availability).

Schools

Private hire for school lessons.

Clubs

Private Hire for Club use. No public access during these times. For a full list of Clubs, please see our website.

White Oak Leisure Centre reserves the right to alter the programme or cancel activities. Pool and flume times are for guidance only. Opening times may vary, please check with the centre before you travel.

All up to date pool programmes can
be viewed on our website
www.sencio.co.uk

**Holiday
Programme**
(as from week beginning
11th April 2011)